

[Search](#)

- [Sign Up](#)
- [Sign In](#)

[Research and Media Network](#)

Bringing people together to improve communication of research findings

- [Main](#)
- [My Page](#)
- [Members](#)
- [Photos](#)
- [Videos](#)
- [Forum](#)
- [Groups](#)
- [Blogs](#)
- [All Blog Posts](#)
- [My Blog](#)
- [Add](#)



Pankaj Oudhia's Notes on Nardostachys jatamansi (D. Don) DC. [Kirtikar, Kanhoba Ranchoddas, and Baman Das Basu. "Indian Medicinal Plants." Indian Medicinal Plants. (1918)].

- Posted by [Pankaj Oudhia](#) on May 1, 2014 at 7:08
- [View Blog](#)

Pankaj Oudhia's Notes on Nardostachys jatamansi (D. Don) DC. [Kirtikar, Kanhoba Ranchoddas, and Baman Das Basu. "Indian Medicinal Plants." *Indian Medicinal Plants*. (1918)].

Pankaj Oudhia

Introduction

Based on Ethnobotanical surveys since year 1990 in different parts of India Pankaj Oudhia has documented vital information about Medicinal Plants mentioned in the famous publication by Kirtikar and Basu (1918). Through this research document Pankaj Oudhia has tried to present original document with additional notes. For complete paper with pictures, Interactive Tables, Video and Audio clips please visit pankajoudhia.com

For original publication by Kirtikar and Basu (1918) please visit <https://archive.org/details/indianmedicinalp01kirt>

619. Nardostachys Jatamansi, Be. in. 211.

Sans. : — Jatamansi.

Vern. : — Balchar (H/! ; Billi-lotan (Dec.) ; Sumbul (Bom.).

Habitat : — Alpine Himalaya, from Kumaon to Sikkim.

An erect perennial herb. Root-stock woody, long, stout, covered with fibres from the petioles of withered leaves. Stem 4-24in., more or less pubescent upwards, often glabrate below subscapose. Radical leaves 6-8 by lin., longitudinally nerved, glabrous or slightly pubescent, narrowed into the petiole ; cauline leaves 1-2 pairs, 1-3in. long, sessile, oblong or subovate. Flower-heads usually 1, 3-5 ; bracts Jin., oblong, usually pubescent. Corolla-tube ½ in. long, somewhat hairy within, as are the filaments below. Fruit ¼-in. long, covered with ascending white hairs, crowned by the ovate, acute,, often dentate calyx-teeth. C. B. Clarke says : — " There are two forms of this plant : a large flowered, with usually glabrous bracts, and a smaller one, with Corolla-tube, scarcely ¼-in. long, and the bracts densely, shortly hairy ; various intermediates occur" (P. 211, Vol 111 H. F Bl).

Uses : — It is prescribed by Hindoo physicians as a nervine

Tonic [Pankaj Oudhia's Comment: *Through Ethnobotanical surveys I have collected information about over 35000 Traditional Herbal Formulations in which Jatamansi is added as nonary ingredient. These Formulations are used in treatment of nervous system diseases. Please see Tables Jatamansi-1 to Jatamansi-115 for details.*] and aromatic adjunct, in the preparation of medicinal oils

and ghritas (butter) (Dutt<.

The author of the Makhzan considers it to be deobstruent

and stimulant, diuretic and emmenagogue, and recommends

it in various disorders of the digestive and respiratory organs, [Pankaj Oudhia's Comment: *Through Ethnobotanical surveys I have collected information about over 150,000 Traditional Herbal Formulations in which Jatamansi is added as important ingredient. These Formulations are used in treatment of respiratory diseases. Please see Tables Jatamansi-116 to Jatamansi-200 for details.*]

and as a nervine tonic in hysteria. He also notices the popular

opinion that it promotes the growth and blackness of the hair. [Pankaj Oudhia's Comment: *Through Ethnobotanical surveys I have collected information about over 12000 Traditional Herbal Formulations in which Jatamansi is added as important ingredient. These Formulations are used for hair related troubles. Please see Tables Jatamansi-201 to Jatamansi-220 for details.*]

In doses of 45 grains, it is often employed as an expectorant in coughs and colds (Dymock.)

Ainslie says that in Southern India, the Vytians prepare a fragrant and cooling liniment from this drug, to be applied to the head and used internally as a blood purifier.

According to Sir Win. O'Shaughnessy, it is a perfect representative for Valerian. [Pankaj Oudhia's Comment: *Disagree. Far better than Valerian as far as medicinal properties and uses are concerned.*]

84

666 INDIAN MEDICINAL PLANTS.

The roots are aromatic and bitter in taste. They are

supposed to possess tonic, stimulant, and antispasmodic properties, and are often employed in the treatment of epilepsy, hysteria, and convulsive affections (Watt). Used in palpitation of the heart (Thompson, in Watt's Dictionary).

E-documents on Nardostachys

<http://ecoport.org/ep?SearchType=articleList&Author=oudhia&...>

Citation

Oudhia, Pankaj (2013). Pankaj Oudhia's Notes on Nardostachys jatamansi (D. Don) DC. [Kirtikar, Kanhoba Ranchoddas, and Baman Das Basu. "Indian Medicinal Plants." *Indian Medicinal Plants*. (1918)]. www.pankajoudhia.com

Views: 19

[Share](#) Tweet [Facebook](#)

- [< Previous Post](#)
- [Next Post >](#)

Add a Comment

You need to be a member of Research and Media Network to add comments!

[Join Research and Media Network](#)

About



[Matthew Wright](#) created this [Ning Network](#).

Welcome to
Research and Media Network

[Sign Up](#)
or [Sign In](#)

© 2021 Created by [Matthew Wright](#). Powered by_

[Badges](#) | [Report an Issue](#) | [Terms of Service](#)